

# Fresh Tomato Salsa

Rating: ★★½

Makes: 6 Servings

Fresh salsa is a refreshing, cool addition to a meal or snack. Try something new by adding it to salads, baked fish, and tacos.

## Ingredients

**1 cup** tomatoes (finely chopped or 1/2 can, about 8 ounces, low-sodium diced tomatoes)  
**1/2 cup** apple (peeled and finely chopped)  
**1/4 cup** onion (finely chopped)  
**2 tablespoons** lime or lemon juice  
**1 teaspoon** garlic (finely chopped)  
**1/2 teaspoon** vegetable oil  
**1/4 teaspoon** salt  
**1/8 tablespoon** fresh parsley or cilantro (chopped, optional)  
**1 tablespoon** cayenne pepper or jalapeño chilies (chopped, optional)

## Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well. 2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well. 3. Cover bowl and refrigerate for 15 minutes. Serve cold.

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